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NEWS RELEASE

Hands-only CPR can save lives

El Paso Fire Department encourages the public to learn hands-only CPR

El Paso, Texas – Heart disease is the number 1 killer of Texans, with four out of five cardiac arrests occurring at home. Often times, friends, family or colleagues are the first by-standers when these medical emergencies occur. By having the majority of the populace trained in hands-only CPR, important medical intervention can occur while first-responders arrive.

Every year, the El Paso Fire Department conducts several events to teach hands-only CPR to the public. For the second year, EPFD will join the Texas Two Step statewide campaign. Training teams representing all 11 Texas medical schools will conduct this statewide hands-only CPR training to raise public awareness and train as many people as possible to save lives.

Training teams representing all eleven Texas medical schools will conduct this statewide hands-only CPR training to raise public awareness of hands-only CPR and train as many people as possible to save lives.

The El Paso Fire Department will be offering the public FREE lessons on basic, hands-only CPR on **Saturday Feb. 11 from 8 a.m. to 4 p.m.** at the Sun Metro Terminal on 601 S. Santa Fe St.

“The emphasis is to teach people to get involved when they see an emergency by first calling 9-1-1 and then doing hands-only CPR until help arrives,” said Fire Paramedic Martin Dominguez. “It just takes 5 minutes to learn Citizen CPR, but hopefully those who take this class will want to take a full CPR class in the future.”

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